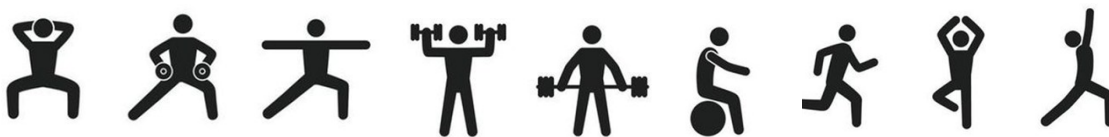




BINGO + EXERCISE = BINGOCIZE



FREE 10-week Health Promotion program for older adults age 60+ that combines Bingo with inclusive exercise.

Learn about important topics while you have fun & exercise!

Workshops focus on one of three subjects:

- ♦ Fall Prevention
- ♦ Nutrition
- ♦ General Exercise

Please call (574) 284-7132 or scan the QR code to pre-register.

January 9 - March 13, 2026

Fridays, 10am - 11am



Portage Commons  
Senior Enrichment Center  
133 N William St. | South Bend, IN 46601



Program may be provided in part by funding through the Indiana Family and Social Services Administration through the Older Americans Act.

To register scan the QR code or call 574-284-7132!

HEALTH EDUCATION